

# GET IN TOUCH NOW

For additional information about our free self-help support groups, social activities, and educational resources, please reach out to us.

**Phone:** (719)477-1515

**Email:** [help@DBSAColoradoSprings.org](mailto:help@DBSAColoradoSprings.org)

**Website:** [DBSAColoradoSprings.org](https://DBSAColoradoSprings.org)

**Location:** 1586 S 21st St #13,  
Colorado Springs, CO 80904

“

I've overcome the challenges of living with a mood disorder with the help of DBSA support groups. Attendances at these meetings helped me to release my shame and combat stigma.

From attendee to facilitator to chapter president, my journey with DBSA transformed me. Now a certified peer support professional, I train others, sharing the message that recovery is possible.



**RHONDA GREDER**  
DBSA Colorado Springs

## ABOUT US

Founded in 1994, The Depression and Bipolar Support Alliance (DBSA) of Colorado Springs is a 501(c)(3) nonprofit organization dedicated to providing support, education, and resources for individuals living with mood disorders, including depression and bipolar disorder.

### Our Beginning

Established by Karen Fallahi in honor of her son Erik, who battled bipolar disorder, DBSA-CS has expanded from four attendees to overseeing 11 free support groups for people living with mood disorders.



### Our Vision

DBSA Colorado Springs envisions a future where all people living with mood disorders thrive in a supportive community of understanding and resilience.

### Our Mission

Enrich the lives of people living with mood disorders through innovative peer programs, impactful education, and collaborative partnerships.

### Our Values

**Peer Focus:** We prioritize shared experiences, fostering an environment where individuals inspire and uplift one another.

**Acceptance:** In our inclusive space, we celebrate diversity, championing understanding, respect, and appreciation for all perspectives.

**Freedom:** We ensure free universal access to our services, eliminating financial barriers and enabling everyone to participate in their well-being journey.

*Updated Sept 2, 2025*



Depression and Bipolar  
Support Alliance

Find Community.  
Find Wellness.  
Find Hope.™

## SIGNS OF A MOOD DISORDER

Recognizing signs of mood disorders is crucial for early intervention. Stay vigilant, acknowledge the signs, and take proactive steps for your mental health.

### Depression

- Persistent Sadness
- Emotional Disconnection
- Social Withdrawal
- Cognitive Challenges
- Sleep Disturbances
- Suicidal Thoughts

### Mania

- Elevated mood and energy levels
- Engaging in risky behaviors
- Rapid thoughts and impulsivity
- Reduced need for sleep
- Increased irritability
- Difficulty in interpersonal relationships

## RISK FACTORS

- Family history of mood disorders
- Distinct genetic predispositions
- Exposure to trauma or stressful life events
- Excessive use of drugs or alcohol



## FIND THE RIGHT SUPPORT GROUP FOR YOU!

### In-Person Support Groups

#### Teen and Young Adult Group

Tuesdays at 7:00 p.m.

The Sanctuary Church  
1930 W. Colorado Ave., 80904

#### Family and Friends Group

Tuesdays at 7:00 p.m.

The Sanctuary Church  
1930 W. Colorado Ave., 80904

#### Adult Groups

Wednesdays at 7:00 p.m.

Park Hill Station, #8  
3737 Airport Rd., 80910

Thursdays at 7:00 p.m.

Sunrise United Methodist Church  
2655 Briargate Blvd., 80920

#### Senior Group Wednesdays at 12:30

Colorado Springs Senior Center,  
1514 N. Hancock Ave., 80904

#### Women's Group Tuesdays at 11:30 a.m.

First Lutheran Church, Peel House  
1515 N. Cascade Ave., 80907

#### Dual Diagnosis Group

Mondays at 6:00 p.m.

Sunrise Counseling and Wellness  
5455 N Union Blvd, 80918

#### Veteran's Group

Tuesdays at 7:00 p.m.

Mt. Carmel Veterans Service Center  
530 Communication Circle, 80904



## Virtual Support Groups

### LGBTQIA+ Group

Sundays at 4:00 p.m.

### Adult Group

Fridays at 1:00 p.m.



## SERVICES WE PROVIDE

- Peer and Family Support Groups
- Education and Awareness Programs
- Teen Suicide Prevention
- Patient outreach in Behavioral Health Hospitals

## COMMUNITY INVOLVEMENT

- Health and Diversity Fairs
- Brain Awareness Week
- Winter Symposium
- Wellness Walk
- Silver Key's Senior Summit
- Seasonal Social Activities